JANUARY 1973
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CANADIAN HOME ECONOMICS JOURNAL

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CANADIAN HOME ECONOMICS JOURNAL

JANUARY 1973
Volume 23, No. 1

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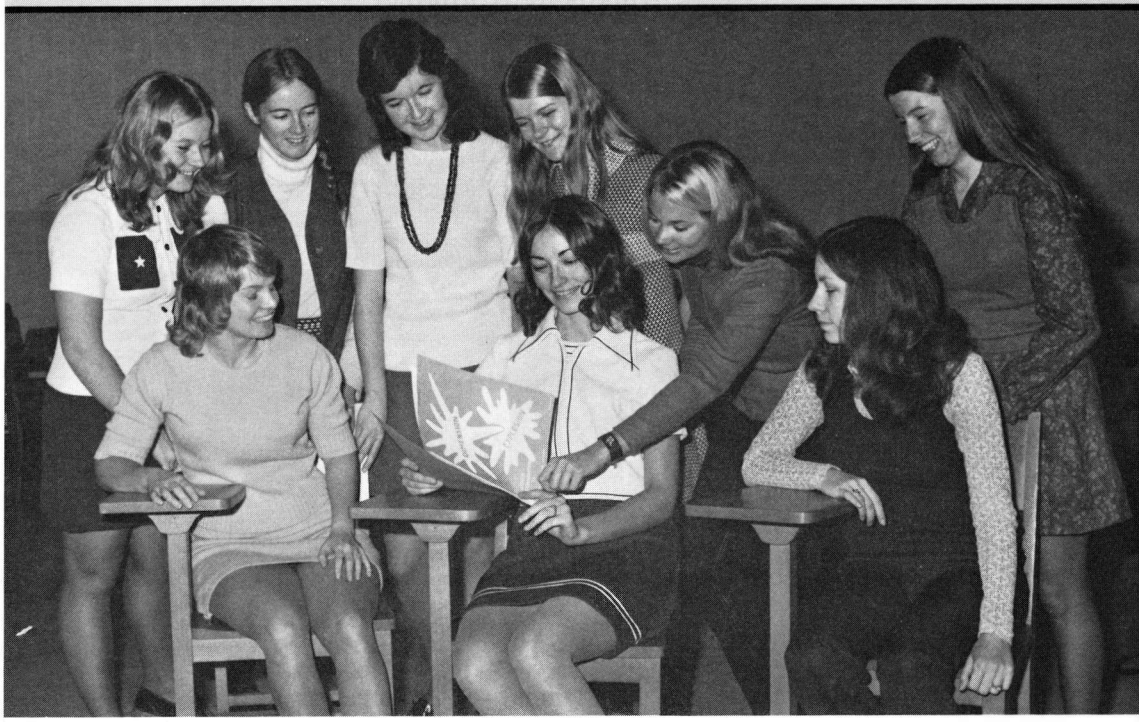
President's Message



The Association of College Home Economics Students met on The University of British Columbia campus last October. The picture this month is of the ACHES' planning committee. Each year the Association organizes a convention. This year the group chose as their theme "Dimension Explosion". In the program the welcome message included the following paragraph:

> "We feel that Home Economics as a profession has boundless dimensions as evidenced by the number of home economists who are continually expanding into newer and broader fields. We as students about to graduate, face the challenge of expanding these dimensions even further."

An outline of their undertaking appears later in the Journal. I was pleased to be able to attend several of their sessions. It was most heartening to see and feel the deep involvement expressed by these young women. It is my hope that we will be able to attract many of them into becoming members of the parent organization — the Canadian Home Economics Association. We need their enthusiasm and their capabilites.

By the time this message reaches you we will have started another year. I hope it will be a rewarding one for all of us, both personally and professionally.

Winifred J. Bracker

PROFESSIONAL WOMEN IN THE CANADIAN LABOUR FORCE

by LORNA M. BROWN
Lecturer, Consumer Studies, University of Guelph

Canada's economic growth, accompanied by an increasing social freedom for married women to choose to work has resulted in a veritable explosion of working women. Over the last seventy years the number of employed women has climbed to a third of the labour force. (Canada Dept. of Labour, 1971). Married women now outnumber single, widowed, divorced and separated women who work (Canada Dept. of Labour, 1971). A profile of the female participation rates for various ages (the participation rate is defined as the percentage of the population over 14 years of age who work) shows a strong two phased pattern. This is a result of the entry-re-entry working behaviour of married women, while single women show a more constant pattern, accelerating from 20 to 24 years and declining from 55 years. The participation profile for married women shows a strong phased pattern, characerized by a peak (43.7%) between 20 and 24 years with a concomitant drop (32.7%) from ages 25 to 34 years and a second peak (36.0%) between 35 and 55 years of age, which tapers off (Canada Dept. of Labour, 1971). Today women are marrying younger, having fewer children and spacing them more compactly, so that most women have ceased child bearing by age 35 (Ostry, 1968). Surprisingly divorced women are more likely to work than single women. The participation rates are 73.2 percent and 54.2 per cent respectively for 1961. (Kalbach et al, 1971)

J. D. Allingham (1968) studied the influence of age, education, child bearing status and residence upon a married women's choice to work. Using synchronic data for 1961 as a hypothetical cohort to predict work participation, he found that the presence or absence of a young child is the single most important factor up to age 44. Thereafter child bearing status is the least important factor. It is apparent then, that children rather than a women's age is the coercive factor in choosing to work, which produces the entry-re-entry pattern.

Sylvia Ostry (1968) studied the effect of various sociological characteristics upon participation in the labour force. Predictably higher education has a strong influence upon the choice to work. Women who are more educated tend to marry later or not to marry. They also tend to postpone child bearing for a longer period after marriage, and then have fewer or no children at all. Ostry found that when the husband's income is held constant, level of participation and education increases strongly. However at the highest level of income this association is weak or not evident. A woman is least likely to work if her husband is a professional or a manager. But this apparent association of high status, high income of husbands and low work participation among their wives is not seen in other

occupations. Young wives of professionals and managers do tend to work, suggesting that the initially lower earnings of these husbands are supplemented through the wives' earnings.

In low income families wives' earnings may contribute to over half the family income especially when the families are very young and again in middle age, when husband's earning power is lower. Nye (1963), reporting on American working wives, states that the educated woman is more likely to be working, but if she is working, her husband will be of a lower occupational level and a lower income than the non working married women.

Urban women are more likely to work than rural women, because of the greater opportunity to do so. The Department of Labour publication *Women at Work* (1965) notes that there is a correlation of about 0.90 between male and female participation rates in the various provinces, suggesting that the demand for women in the labour force is a function of the demand for labour in general. Undoubtedly social attitudes toward working married women and fertility also play their part in the differences between urban and rural women.

The influence of value systems in women choosing to work is demonstrated in comparing the number of working native born and working foreign born women. A 1967, study shows that two out of five post war immigrant women were in the labour force, compared to one out of every three born in Canada. (Eastman, 1971) In addition the labour force participation of immigrant women is less affected by marriage than for native born women (Eastman, 1971). When the labour force is analysed for ethnic origin, women from Hungarian and Ukranian background are most likely to work, while Jewish, Native Indian and Eskimo women are least likely to work. (Kalbach et al, 1971)

Many married women work irregular part-time or regular part-time hours.

> "In 1970 one quarter (24.9%) of employed women usually worked less than 35 hours a week compared with 16.7 per cent of employed women in 1960". This can be compared with "the percentage of the male labour force usually working less than 35 hours a week . . . increased from 3.1 per cent in 1960 to 6.3 per cent in 1970". (Canada Dept. of Labour, 1971)

This sex difference in working pattern is important when comparing average earnings of men and women. In both 1951 and 1961 women earned scarcely better than half what men earned. Sylvia Ostry (1968) notes this increases to about 60 per cent when statistics for full time workers are considered. She points out that it is important to separate the distributional differences (those due to differing occupational deployment by sex i.e. in the professional category the number of women teachers, nurses and librarians far exceeds the number of doctors, lawyers and engineers as compared to men) and qualitative differences in education, training, work experience. If the occupational distribution were identical, the sex ratio (mean female earnings/mean male earnings) would be 67.2 to 65.6 per cent. Further 5.3 to 2.9 percentage of the original gap is accounted for by age differences i.e. working men are older than working women. If an adjustment were made for educational differences, another 6.7 to 5.4 percentage points could be accounted for. Thus, when distributional and qualitative differences were adjust-

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'NICE' NAPOLEONS
(No-bake recipe)

24 PEEK FREAN 'NICE' biscuits (7½ oz. package)
1 package (4 servings) vanilla pudding and pie filling mix
1½ cups milk
½ cup icing sugar
1 tablespoon water
vanilla to taste
1 ounce unsweetened chocolate
1-2 teaspoons water

Prepare filling according to package directions, using only 1½ cups milk. Cool, stirring frequently. Combine sugar, water and vanilla to make a glaze. Spread on tops of 8 'Nice' biscuits. Melt chocolate with water. Drizzle from a spoon in thin lines ½ inch apart across the glazed biscuits. Draw a knife across the lines in alternate directions to give the traditional design. Top remaining 16 biscuits with filling (about a tablespoon each) and spread evenly. Stack two biscuits high and top with a glazed and decorated biscuit, to make 8 Napoleons. Refrigerate 4-6 hours.

FROZEN STRAWBERRY SHORTCAKE SQUARES
(No-bake recipe)

15 PEEK FREAN SHORTCAKE biscuits finely crushed (7½ oz. package)
½ cup pecans or walnuts, chopped
4 tablespoons butter, *melted*
2 egg whites
⅔ cup granulated sugar
1 package (15 ounces) frozen strawberries slightly thawed.
2 tablespoons lemon juice
½ pint whipping cream, whipped

Combine crumbs, pecans and melted butter. Press about ¾ of crumb mixture on the bottom of a 9″ x 13″ pan.

Beat egg whites until soft peaks form, adding sugar gradually. Add strawberries and lemon juice and continue beating until stiff peaks form (about 10 minutes). Fold in whipped cream. Spread over prepared crumb base and top with remaining crumbs. Cover and freeze. Remove from freezer about 15 minutes before serving. Cut in squares. Serves about 12.

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ed the sex earning ratio was 78 to 85 per cent instead of 60 per cent. The residual 15 to 22 per cent, she concludes, may be partially attributed to pay discrimination against women doing comparable work.

What are the characteristics of professional women? While professional and technical women account for 17.5 per cent of the female work force in 1970, professional and technical men acount for about 11.6 per cent of the male work force. When women are considered as a per cent of all those in the professional and technical category, they comprise 42.1 per cent of the total. Teachers and nurses constitute the major portion of the female professional and technical category — 76 per cent as compared with 18 per cent of men in the same occupation category (Canada Dept. of Labour, 1971). Almost 90 per cent of all women professionals are teachers or health professionals, while two-thirds of all male professionals fit in these occupational groups. As Sylva Gelber (1972), director of the Women's Bureau, points out, the fact that over fifteen per cent of women are professionals

> "is somewhat misleading, for within this group are those who are working in so-called 'female' professions such as teachers, nurses and librarians. Although these occupations are certainly professional, they have never attained recognition in the economic sense when compared with male-dominated professions".

She further, cites comparisons of the percentages of women in specific profession in Canada and other western countries for example. Women constitute 25 per cent of British doctors and 12 per cent of Canadian doctors. In France, 20 per cent of lawyers are women, while only 2.6 per cent are lawyers in Canada. More than 20 per cent of France's dentists are women compared to 3 per cent of Canada's.

Disquieting data from census 1901 to 1961 reveal that proportionately fewer women are entering professions. In 1901, 42.0 per cent of working women were professionals. This figure dropped to 22.1 per cent in 1961 (Canada Dept. of Labour, 1965). Another indication of this trend, is the data for women as a percentage of all professionals 1901-1961. From a peak of 54.1 per cent in 1921 (Canada Dept. of Labour, 1965) there has been a decline to 42.1 in 1970. This is in spite of the fact that between 1951 and 1961 the two largest groups of professional women, nursing and teaching grew by 63 and 64 per cent respectively. (Canada Dept. of Labour, 1965)

Education is the door to the professional world, but it is apparent women are not preparing themselves realistically for a professional work life. Statistics from 1968/69 giving the distribution of women university graduates, shows that half are arts graduates. Of the nearly 20,000 women graduates that year, 5 are in architecture, 20 in dentistry, 20 in engineering, 0 in optometry and 9 in veterinary sciences (Eastman, 1971).

Postgraduate education is an important aspect of career commitment. Some Canadian data suggest that a smaller percentage of women are earning masters and doctorate degrees.

> "The percentage of women acquiring a masters degree in 1955-56 (20.8%) was higher than in the year 1968-69 (19.5%); the percentage of women earning doctorate degrees was considerably higher in 1945-46 (11.5%) than in 1968-69 (7.9%)". (Gelber, 1972)

The most contentious issue, of course, is inequality in wage rates.

Ostry's (1968) attempt to analyse the sex ratio in average annual earnings has been reported. She also derived sex ratios in annual earnings for selected occupations from the 1961 Census. She found that after adjustment for distributional and qualitative factors, the gap remained quite substantial in the high status occupations. The distributional factors are more important than quality differences, that is, the 'female' bias in choice of professions is more important than lack of education, work experience and other related factors.

According to the 1961 Census, librarians, school teachers and social workers were the highest paid of the ten largest female professions.. These ten largest female professions are teachers, nurses, medical and dental technicians, musicians, social workers, science and engineering technicians, authors, writers and editors, librarians, professors, principals and religious workers (Canada Dept. of Labour, 1965).

An interesting recommendation of the Royal Commission on the Status of Women in Canada (1970) was that

> "pay rates for nurses, dietitians, home economists, librarians and social workers employed by the federal government be set by comparing these professions with other professions in terms of the value of the work and the skill and the training involved".

This recommendation was not unchallenged by the commissioners, themseves. Commissioner, Jacques Henriprin commented ". . . I believe the government should depart from standard practice only when it is clear that market mechanisms are inoperative. This has not been shown. *In my opinion the only remedy for the situation described in the Report is for women to diversify their occupational choice and to escape once and for all, from the confines of the so-called "female occupations"*. (italics by the author). Commissioner John Humphrey had a similar view. He wrote, ". . . I can see no justification for interfering with the market on behalf of certain occupations only. Nor had the Commission any proof before it that the salaries paid to persons engaged in these occupations are unduly depressed when compared to other occupations, having regard to all relevant factors, such as the difficulty of the work, demand and supply, necessary qualifications etc.".

An interesting detailed analysis of the factors contributing to inequalities in earnings comes from Dr. R. A. H. Robson's (1971) study for the Royal Commission on the Status of Women in Canada, "A Comparison of Men's and Women's Salaries in the Academic Profession". She found the mean salary for men academics was $10,690 and $8,428 for women in 1965-66. Using a multiple regression analysis she attempted to determine to what extent the gap was attributable to, university location, university enrollment, field of study, age, academic rank, highest degree, type of university (church, private or provinical) and sex. She found just over half of the $2,262 difference was due to sex. Each variable except age increased the difference. Region, university size of enrollment and type did not have a strong effect. Field of study was significant. Medical sciences and pure biological and physical sciences increased the differences between average salaries of men and women. Home economics, optometry, pharmacy, history and other applied sciences tended to have higher salaries for women. As far as rank was con-

cerned women did tend to be less qualified but they also were much more likely to be employed initially at a lower rank and moved more slowly through promotions.

In summary married women in Canada are more likely to work than ever before. Their two phased participation pattern does not lead itself to professional occupations where work experience and post graduate training are important. Women have not only a battle to fight for equality of earnings but also in terms of the cultural pressures to choose traditionally female occupational roles, which hinder access to higher paying and more prestigious occupations.

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PEOPLE IN THE SUMMER NIGHT

A report on the International Federation of Home Economics Twelfth Congress, held in Helsinki, Finland, July 23 to 29, 1972.
by WANDA YOUNG, CHEA Liaison to I.F.H.E.

A flash of lightning showed a cluster of rocky islands. That is the archipelego, I thought! Another flash and we saw pine trees standing straight and tall amongst the pink rocks of the mainland. Fortunately, the summer storm brought on by a continual daytime heat of about ninety degrees for the previous six weeks had subsided by the time the Finnhansa docked at midnight. It was still sticky hot as I climbed up to the customs and immigration section of the dock — but Finns are friendly, even the customs men who soon had me on my way to the taxi stand. There the friendly Finn who was dispatching taxis found me a cab to go to the downtown hotel I was using for a week before the International Permanent Council met. That week was spent exploring the Finnish countryside with an English home economist. We found that the Finns in service industries are well-trained and courteous. They all speak at least two languages adequately and have had instilled in them the desire to do a job well.

Environment

This same ability and philosophy was found amongst the Finnish home economists who organized a tremendous twelfth congress. The younger home economists were guides. They were easily identifiable in white with red check shirts or slacks, and jackets and a red blouse designed by Merimikko. The facility to speak a second or third language added greatly to the dispatch with which visitors' problems were solved and to the friendliness of trips.

We met at Dipoli, the student building for the Polytechnical University. Design-wise this building seemed to belong to nature. Walls, inside and out, were either an expanse of glass or were made from the natural rock. There were two large meeting rooms which could become one large room with a balcony which housed the translation booths and equipment. Smaller rooms made useful offices and meeting places for special groups, such as those from the Western Hemisphere and those from Canada. The building included a cafeteria, an outdoor beer garden, a shop where designs by Arika were sold to delegates, with profits going to I.F.H.E. and even a "sexy bar" — nightclub by night and dining room for special groups by day. Nature was brought right into Dipoli by displays of wild flowers and trees.

Discussion Groups

Close by in the classroom building, the discussion groups were held. More persons were involved and there was more interaction than at former congresses, as we had a set of discussion leaders for Plenary Session A and B and then new groups with new leaders were formed for Plenary Session C. Canadians who were discussion leaders included Jacqueline Darche, Margaret

Pattillo, Jeannine Cornellier and Berneice Macfarlane. Berneice reported back to the Congress Assembly for Section C3.

A number of resolutions were formulated by these discussion groups. The resolutions showed that in all countries —

— there is a concern for the problems of youth.

— there is a desire to include more men in the profession of Home Economics at all educational levels.

— there is a need for home economists to take a greater interest in politics and to relate the profession to the public and to seek government support for the projects that we can undertake to meet community needs.

— there is a growing aged population which home economists can help.

— there is a mobility of persons within countries and between countries that creates problems home economists can help solve.

Most delegates were housed in Hotelli Otaniemi. The eight residences house students in winter and visitors to Finland in summer. Bus service was good to downtown Helsinki, but most delegates were too busy to take much advantage. What did the 57 Canadians do?

Pre-Congress Study Tour

Before the congress, study tours were held in the other Scandinavian countries. Denmark accepted about 90 persons to discuss "The philosophy behind residential, liberal and adult education in Denmark, with emphasis on the Folk High Schools". About 35 persons were in Norway studying "Our Environment: Study and Control". About the same number visited Sweden to discuss "Home Economics Education for Better Living".

The International Permanent Council

These study tours were not possible for those Canadians who were official delegates at the meetings, because they overlapped with meetings of the International Permanent Council. The Canadians who attended the I.P.C. included Dr. Peg McCready who completed her term as member of the Executive Committee at this congress. Mable Geary represented Alberta and British Columbia and brought along the largest number of congress participants. Dr. Edith Simpson and Wanda Young each wore two hats — taking turns representing Saskatchewan and Manitoba and also giving the Second plenary address and acting as the C.H.E.A. delegate respectively. Ontario was represented by Jean Elliott. Diane French represented the Montreal Home Economics Association. Carmelle Therein represented the Association des Diplomées en Science Familiale and assisted in the office of the secretariat as a translator and hostess. The Atlantic provinces were represented by Ruby MacNeill.

It was during the I.P.C. meetings that delegates were presented with the Declaration of the International Federation of Home Ecoonmics. This is a statement of a definition for Home Economics, the philosophy of the profession, the objectives of home economists, both general and specific, the levels of education in which a home economist may work and the domain in which we may specialize. This document is to be studied by delegates attending the next I.P.C. meeting.

The plan of work for I.F.H.E. dur-

ing the next two years was discussed. It was suggested that the program development should emphasize social, economic, educational, psychological and technological methods of meeting the needs of families and individuals. It is hoped that the number of individual members will increase. Have you joined? The present fee for Canadians is $5.25 (five dollars and twenty-five cents) payable to the C.H.E.A. National Office by January 1 for the ensuing year.

It has been suggested that four regions be formed to promote closer relationships between individuals and the international. Canada and the United States, Central America, South America and the Caribbean Islands constitute one of the four regions. We have a Vice-President, Dr. Lela O'Toole from Oklahoma. Would you be able to attend a regional meeting between congresses? Other regions are Europe and Africa who have as President, Mary Robertson, from England; Asia which has Vice-President Matsuyo Yamamoto from Japan and the Pacific Islands and Middle East who have Vice-President Isabel Horne from Australia.

It was at the meeting of I.P.C. before the congress that Canada's invitation to hostess the next congress in 1976 was accepted. Austria was turned back. The past two congresses have had about one thousand persons in attendance. Prior to that, the congress had about two to three thousand. What can we as Canadians do to share our culture with home economists from other countries?

In two years, in 1974, the delegates from each area will meet again at the International Permanent Council. Israel, Ghana and Australia extended invitations. The majority favoured Israel.

The Congress

On Monday, July 24 we assembled for the opening session. Finnish music is melodious, in a plaintive way. The Finns say the sadness is caused by the long winter nights and the joy by the summer's midnight sun. We heard this in the musical welcome. We were welcomed in words by the Minister of Education, the I.F.H.E. President Leny Voellmy and the organizing committee chaiman, Sirkka Kourki. From then on we heard excellent speakers. From France came Monsieur le Recteur Capelle, who told us that formal, traditional education should be carried on with recurrent, continuous education throughout our life to enable us to enrich our lives as professionals, as citizens, as family members and at leisure. Dr. Helen LeBaron Hilton a home economist from the United States expanded Monsieur Capelle's ideas to show how Home Economics, in its concern with the quality of life helps through research to bring about changes but always seeks to develop the people and their country. Frau Ruth Petzold, who has just retired from the I.F.H.E. executive committee, showed how home economists can help meet the needs of the aged. Dr. Asa Skard, from Norway, talked of the psychology of youth and the role of the home economist in maintaining normal behaviour.

Canada's Dr. Edith Rowles Simpson received great acclaim for her presentation of "Home Economics, A Vital Force in the Life of the Individual".

She has been happy in her professional life as a home economist. If we, too practice the principles of the profession, Home Economics will become a vital force in our lives and our own need for happiness will be met. Dr. Mary Lee Hurt, from the United States and Mrs. Alberta Ollennu, from Ghana, a new member of the executive committee, expanded Dr. Simpson's talk, showing how the practices of Home Economics influenced the youth and the adults as individuals.

Plenary Session C was concerned with the ways in which Home Economics can become a vital force in the development of society. Frau Schweitzer from Germany agreed with Dr. Simpson that we must define Home Economics. It is concerned with the family, in all parts of the world and therefore can, through its humanistic approach, improve society. Mrs. Annikki Suviranti, from Finland, stated that Home Economics in industrialized countries should be concerned with a priority of economic and social values. A panel of officers from organizations that work in developing countries stated some of their problems — Miss Hookham for UNESCO, Dr. Marin for FAO and Mr. Marks for UNICEF.

There were other sub plenary speakers but I was unable to attend their addresses due to a time conflict with Discussion Groups. Mimeographed summaries were not always available.

There was fun every evening — fun designed to show us Finnish culture. We started Monday with traditional costumes, music and dancing, tasted Finnish meat balls, cheese and beer and fruits at a buffet and finished by observing modern fashions and furs. The visit to the homes came on Tuesday. Finland is justifiably proud of its farms because agriculture is a main industry. We were bussed in groups of ten or twelve in all directions out of Helsinki to meet the farmers. On Wednesday, we met the mayor of either Helsinki or Espo, the municipality in which Dipoli is built and then went on to see schools, universities or businesses related to our personal interests. On Thursday, the training school for teachers of needlework was our hostess. The big fling came on Friday with the Congress Banquet. Formal food service in Finland is like a ballet. This delicious meal was beautifully and generously served.

This Congress had a major election: the new President is Mary Robertson, principal of F. L. Calder College of Domestic Science in Liverpool, England. There is a new secretary's name to remember. We now write to Miss Yvonne Bonis at the International Office in Boulogne France. Fraulein Vroni Kappeler was re-elected as Treasurer. New members of the twelve person executive committee are Frau M. Tupay of Austria, Miss D. Resende of Brazil, Miss Wanda Young of Canada, Miss J. de Luget of France, Miss E. M. Hansen of Denmark, Dr. H. Pothoff of Germany and Mrs. A. A. Ollennu of Ghana.

"Home Economics, a Vital Force" was the theme chosen for the twelfth Congress. Canada will hostess the thirteenth Congress in the summer of 1976. The International Federation of Home Economics should become a Vital Force in the lives of all Canadian home economists. How can we best show our culture and our professional life to home economists from all around the world?

Abstracts of Current Literature

Prepared by the staff
of the School of Home Economics,
Acadia University, Wolfville, Nova Scotia

The Force of Change:
Texturizing of Fabric
Boom in Filament Yarns
Rapid Rise of Spunbonded
Nonwovens for Apparel

R. F. Heitmiller.
Modern Textiles.
September 1972, vol. 53, no. 9.

The force of change in textile technology is the availability of totally new materials and the problems associated with overpopulation and ecology, resulting in:

1. natural fibers giving way to synthetics.
2. filament yarn production exceeding staple.
3. weaving will decline.
4. knitting will first increase then decline.
5. nonwovens will become widely available.
6. finishing systems will become 100% recycled.
7. garment manufacture will be automated.

The basic technology is available for the development of texturized knits where yarns are textured after knitting by producing fibers wih latent crimping or bulking tendencies or by mechanically working present fibers.

Spunbonded nonwovens will replace knitting because the process goes directly from polymer to fiber to fabric. Spunbondeds present a compromise between strength and drapeability and are inexpensive.

Presently no more than 25% of chemicals used for finishing remain on cloth; therefore, chemical recovery and water recycling will become commonplace.

Films, foams and other nonwovens all have potential for garments. Shape-molding or form-spraying lend themselves readily to complete automation.

Maternal Influences Upon College Women's Attitudes Toward Women And Work

G. K. Baruch.
1972.
Developmental Psychology, 6 (1), 32-37

The origins of women's tendency to devalue feminine professional competence were assessed. The first hypothesis was that devaluations of professional achievements of women are a product of women's self-prejudice, with devaluating women displaying negative attitudes toward the dual work and career role. The alternative hypothesis predicted that devaluations would be associated with traditional sex-role standards learned from a non-working mother.

Devaluers were classified by asking Ss to rate professional articles from various disciplines. For each article, half of the booklets had a female

author's first name and half a male's. Devaluation scores consisted of the difference between mean ratings of 'male' and 'female' authored articles.

Negative attitude to the career role was assessed using a Likert-type scale to gauge Ss' attitudes to the dual career-family role pattern for women. Subsequently, naive interviewers elicited individual interview information on Ss' view of the lesson of their mother's life regarding the social and personal consequences of a career.

Support was not found for the prejudice hypothesis. No difference on attitudes to the dual role was shown for high and low devaluators of female professional competence. Nor was there evidence of any negative maternal influence that would lead devaluers to associate deleterious consequences with the dual role and defensively adopt a negative attitude to women's work.

The results supported the competence model hypothesis that a tendency to devalue is associated with a non-working mother. Career-related achievement appears to be defined as a male prerogative by women who have not been exposed to a feminine model of work competence.

The findings showed the importance of exposure to positive models of female competence (even recently begun maternal employment was associated with high evaluations of women's competence) including women faculty members as role models. Facilitative services to positive dual role performance, such as day care centers, were recommended. Because most women will, at some time in their lives, turn to pursuits other than child rearing, the researcher considered it vital that they have the contact with women exemplifying dual role comfort and capability so that they may evaluate themselves as women capable of competence and excellence in endeavours outside the home.

Lactose and Lactase

N. Kretchmer.
1972.
Scientific American, 227:70

Milk contains lactose, a disaccharide which is broken into two monosaccharides — glucose and galactose by the enzyme lactase. This enzyme is present either in small quantities or not at all in most adult humans.

Only a small percentage of the world's population is tolerant to lactose. The author suggests that there are possibly two explanations for this: 1) the presence of milk in the diet may stimulate lactase activity in the individual, or 2) evolution through natural selection.

In an attempt to test the second hypothesis,, the author studied several tribes in Nigeria from which black Americans were originally derived. He found that those tribes which had never had any milk beyond the age of weaning were intolerant to lactose while those who did drink milk were able to tolerate this carbohydrate. His study also showed that when a tolerant northern European married a lactose-intolerant tribesman, the offspring are more likely to be lactose-tolerant. If a tolerant child resulting from such a marriage marries a pure tribesman, then their children are also predominantly tolerant. Hence, it is thought that lactose tolerance is a dominant trait transmitted genetically and that there is no sex linkage of the genes involved.

American blacks from Nigeria were originally thought to have been completely intolerant to lactose but intermarriage with other groups has reduced this intolerance to approximately 70%.

However, it is generally conceded that lactose intolerance is the normal state of adult man and that lactose tolerance is, in a sense, abnormal, Thus, one may again question the large scale distribution of milk powders to populations that are largely lactose intolerant.

Design from Scandinavia

1972.

Design from Scandinavia #4.

This magazine has selected the best and newest in furniture, textiles and other forms of design from four countries and thus makes a vital contribution to any course in design. With increasing emphasis in our own country on the importance of quality in construction and in design, it is helpful to have such a clear picture of the best from the countries that have long been leaders in this field.

The pictures are all in color and are presented not just as a picture book or a catalogue, but in a manner that makes it easy to visualize the designs in their appropriate settings.

Earlier designs that are now "classical" mingle with new forms, new materials. Names of architects and designers are used freely — the older, now familiar ones of Jensen, Alva Aalto, Hans Wegner and many new ones from all four countries.

As a reference book for students, as a source of information and inspiration for those looking for new but sound designs, this is an excellent magazine.

Pesticide Residue Levels in Cooked Rice and Noodles

K. Funk, M. E. Zabik, and W. E. Smith.

1972.

Home Economics Research Journal 1, No. 1, pp. 44-48.

Recently attention has focused on the deleterious effects of pesticide residues especially the fat-soluble chlorinated hydrocarbon pesticides. Previous research indicated that broth in which chicken parts were cooked contained substantial amounts of the pesticide residues.

The purpose of the study undertaken by Funk and co-workers was to determine whether or not the lyophilic chlorinated hydrocarbon pesticide residues are transferred from the broth to foods such as rice or noodles which are frequently boiled in chicken broth.

Weighed samples of both rice and noodles were boiled in pesticide-contaminated chicken broth. The broth was prepared under controlled conditions and obtained from white Leghorn chickens fed rations contaminated with high levels (25 ppm each) of lindane, dieldrin and p,p'DDT.

Six weighed samples of noodles and seven weighed samples of rice were cooked in 240 gm portions of the contaminated broth. The percentages of moisture absorbed by the noodles and the rice were calculated based on weight before and after cooking, as were the total volatile losses from the broth.

Small amounts of lindane, dieldrin, DDE, DDD, and DDT were transferred to the noodles and rice. However, there were losses in pesticide residues that occurred during cooking which is

reflected in the greater total amounts present in broth before cooking and the amounts present in the cooked products. There was a higher amount of pesticide residue present in the noodles than in the rice, but initially the broth in which noodles were cooked had a higher amount of the pesticide residue except for DDD. Both DDD and DDE are isomers or breakdown products of DDT and can arise during the cooking process.

The authors present a graph showing the percentage of pesticide residues transferred from a six ounce sample of contaminated broth. The percentage transfer of the DDE and DDD are highest, especially for the noodles. The authors conclude that chlorinated hydrocarbon pesticide residues are transferred from the cooking media to the foods under study and that this phenomenon can increase actual consumption of these pesticides.

REFEREED RESEARCH

The June issue of the Journal will feature a new section entitled *"REFEREED RESEARCH"*. The purpose of this new venture is three fold. First it will give an opportunity for researchers to publish their research in a Canadian publication directly concerned with the well being of families and individuals. Second, it will make research findings readily available to practising home economists who are the introducers and interpreters of new knowledge. Third, it will help all Canadian home economists get an overall view of the research currently being conducted at universities.

For a paper to appear in the REFEREED RESEARCH section of the Journal it has to be prepared according to the "Guide to Authors" which will be sent to Canadian researchers and will appear in the March issue of the Journal as well. The paper is then sent anonymously to competent researchers in the specific area who in turn evaluate it and pass judgement on its quality and suitability. The manuscript may be accepted, accepted if revised or if author provides suitable rebuttal or rejected.

The next issue of the Journal will give the names of the members of the editorial board. Each member represents a specific subject matter area within Home Economics. In addition, an attempt is being made to have as many universities represented as possible.

The REFEREED RESEARCH section should become a communication link between researcher and practitioner. We hope it will be well received and serve a real need.

We invite researchers and graduate students to consider submitting their research papers to the editorial board for review and possible publication in the C.H.E. Journal. Should you wish advanced information as to format, please contact me and I will do what I can to help.

A. Kernaleguen, Ph.D.
Clothing and Textiles
School of Household Economics
University of Alberta
Edmonton 7, Alberta.

BEEF GRADES — AS SIMPLE AS A, B, C

Food Advisory Services, Agriculture Canada

When is A1 not necessarily the best? Canada A is the best beef under Canada's new beef grading system which came into effect September 5, 1972, but A1 means Canada A beef with the lowest fat level permitted for this grade. A4 has the thickest fat permitted.

Meat, as everyone is well aware, accounts for the largest part of the consumer's food dollar. And beef is certainly the favorite. There has been a desire for a number of years to relate the grade of beef to the edible meat yield of a carcass. Consumers prefer lean meat but under the former grading system the top grade usually had a heavy covering of fat. Also consumers have long been confused by the former grade nomenclature, Choice, Good, Standard, Commercial, Utility. It is simpler to remember A,B,C.

Discussions regarding an improved system started in 1966, involving the Canada Department of Agriculture, the entire beef industry and the Consumers' Association of Canada.

Research by animal scientists at federal research stations and universities across the country has shown that a relationship exists between lean meat yield and the amount of fat on a carcass. The fat is measured at a precise point at the rib eye between the 11th and 12th ribs.

Federal grading of beef has been carried out in Canada since 1929. The purpose of grading is to divide carcasses into groups on a quality basis. Under a federal system there is one set of grading standards applied uniformly and objectively across the country. Buyers can order by grade without necessarily inspecting each side of beef.

Before a beef animal is graded it must pass health inspection by federal or provincial veterinarians who examine each animal before and after slaughter. They apply a round purple stamp with a crown in the centre and the words "Canada" or "Canada Approved", plus the registered number of the plant. This stamp does not indicate quality or grade but means that the meat is fit for human consumption.

Formerly the federal grader, by viewing each side of beef, determined the age from the degree of hardening of the cartilage, and judged the amount of muscling, and the colour and amount of fat covering. Under the new system a cut, called "knife-ribbing", is made into the side between the 11th and 12th ribs, exposing the rib eye. (See illustration 1.) This is where the side will eventually be cut through to divide it into hindquarter and forequarter. Now the grader can assess much more accurately quality attributes and meat yield. He rates colour, texture and firmness of both fat and lean, sees if there is marbling, and measures the fat at a particular point of the rib eye. (See Illustration 2.)

Canada A grade is beef with the most desirable colour and texture of both lean meat and fat. It is from

youthful animals, therefore tender. Fat thickness at the rib eye between the 11th and 12th ribs must fall within certain limits. Canada B grade carcasses are from similarly youthful animals but there may be defects in colour or texture or the rib eye may lack marbling. Fat levels are similar to Canada A except that the minimum is one-tenth of an inch less than for Grade A. Canada C grade is from youthful carcasses which do not qualify for B grade, and also from carcasses of intermediate age heifers and young cows. Canada D is from mature animals and excessively fat carcasses that would otherwise qualify for higher grades. Canada E grade is used mainly for manufacturing meat products. It does not appear in retail stores.

After deciding the grades, and, if A or B, the fat level, the grader stamps a brown square grade mark on the five main wholesale cuts of the carcass. Under his supervision, a ribbon like mark is applied so that the ribbon brand appears on each wholesale cut. The colour indicates the grade: Canada A, red; B, blue; C, brown; D, black. All ribbon branding of Canadian beef is now done *only* under the general supervision of a federal grader and at point of slaughter.

Beef grades, it should be remembered, refer to the carcass. Once divided into retail cuts, beef may be difficult to identify as to the original grade, particularly if the fat is trimmed and the ribbon stamp cut off.

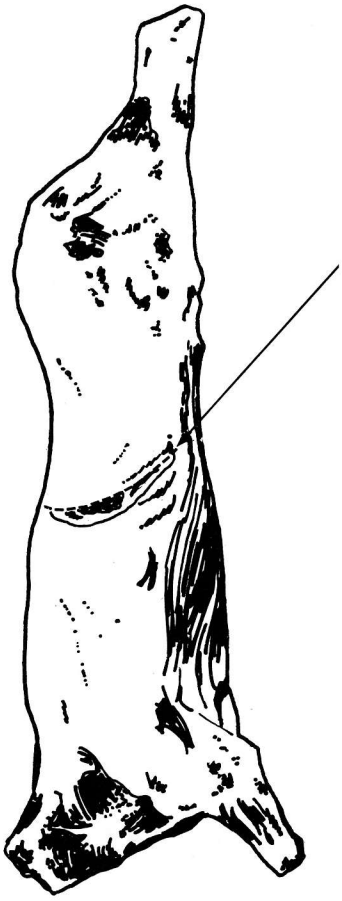
In the first month of grading under the new system, Canada A 1 and A 2 commanded the highest wholesale prices. Canada A 3 and A 4 provide superb eating as the lean meat is well marbled but more trimming must be done before the consumer will select them at the supermarket counter. Since the weight of saleable meat is lower, the carcasses sell at a lower wholesale price. Canada C Class 2 and Canada D are sometimes featured as "economy beef".

What does the consumer benefit from the new grading system? Of prime importance is that it encourages beef producers to supply less overly fat meat. This produces savings in both the amount of feed and the length of time before the cattle are sent to market. The quality is assessed much more precisely, thus enabling the retailer to buy more accurately the kind of meat the consumer wants.

The consumer should check the grade. If she cannot see the identifying stamp mark she should ask. The old terms "red brand" and "blue brand" should be discouraged. In the first place, carcasses which formerly qualified for Choice and Good are not all the same as Canada A and B. Furthermore red does not always take precedence over blue. Some consumers are aware that in the United States the top prize is the blue ribbon, not red, although it is the opposite here. There is little possibiliy of misinterpreting A, B, C.

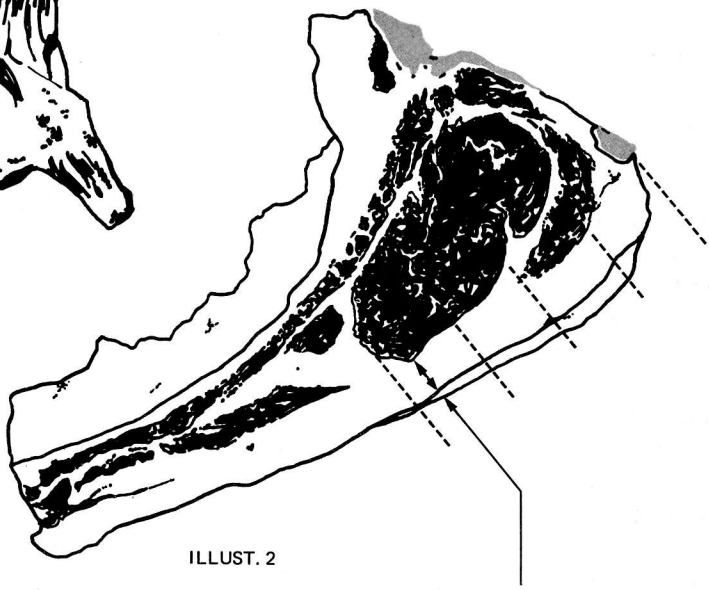
Canada is the first country to adopt such a precise grading system. It will be reviewed from time to time to make sure it is still serving the needs of consumers and the beef industry.

A pamphlet entitled "Beef Cuts", with information on the new grades and on yield of meat from a side of beef, is available from Information Division, Agriculture Canada, Ottawa, Ontario, K1A 0C7.



ILLUST. 1

Packers knife-rib each carcass between the 11th and 12th rib. The federal inspector checks the fat covering, texture, color and firmness of the lean at the rib eye and then assigns a grade to the carcass.



ILLUST. 2

Federal inspectors measure fat at the minimum point of the fourth quarter in the rib eye (see arrows).

A.C.H.E.S. CONVENTION '72 — DIMENSION EXPLOSION

"Dimension Explosion" was the theme of the Association of Canadian Home Economics Students' Conference (A.C.H.E.S.), held on October 19 to 21 at The University of British Columbia. Members from the following universities attended and contributed to a program that was both interesting and challenging: University of Alberta, University of British Columbia, University of Guelph, University of Moncton, University of Ottawa, University of Prince Edward Island, Ryerson Polytechnical Institute, University of Saskatchewan, St. Francis Xavier University, Mount Saint Vincent University and the University of Windsor.

The theme "Dimension Explosion" complimented the Home Economics profession, which we perceive to have boundless dimensions, as evidenced by the number of home economists who are continually expanding into newer and broader fields. We, as students, recognize and face the challenge of expanding these dimensions even further. The purpose of our convention was, therefore, to learn how we might better qualify ourselves and how we might best channel our efforts in order that we would be able to realize a more productive and satisfying future. To this end, we invited professional home economists to speak on: their background training — how it helped them and what it lacked; their various occupations — the special requirements, problems and scope for creativity; what they saw in the future for Home Economics, and finally, what they thought students should be doing to adequately prepare themselves for their future roles. The value, or merit, of our convention can perhaps be assessed by its ability to produce the inspiration and drive that is needed for the productive expansion of Home Economics or, to put it figuratively, by its ability to produce the sparks needed to ignite our Home Economics Dimension Explosion.

The first day of the program was somewhat delayed in awaiting the arrival of delegates in the foggy weather, as planes were unable to land. Events really began with the first seminar on Thursday afternoon, entitled "Creating Your Own Opportunities".

Mrs. Phyllis Dennett and Mrs. Jane Thompson spoke with much enthusiasm of their backgrounds and experiences as free-lance consulting home economists; a line of work involving: recipe testing, recipe development, food photography, speaking to women's groups, public relations, media contacts and teaching. Although both Mrs. Dennett and Mrs. Thompson found their work extremely challenging and very fulfilling, they both acknowledged the difficulties involved. One of the basic problems, they find, is selling their worth to management who would prefer to believe that their wives or

secretaries could do the job equally well and at less cost.

Mrs. Thompson's advice to the delegates was to expand their personal dimensions and broaden their field of specialization to include some other discipline such as marketing, sociology, business administration, public relations training, media production, communication and adult education. (This advice was repeated many times throughout the symposiums). As a professional, Mrs. Thompson emphasized the need for home economists to present high standards, to remain relevant and keep versatile. And, in her particular field, good health was an absolute must. She went on to state the need for a strong professional association, one that would give national direction for Home Economics. She also recognized the need for established home economists to pave the way for the future graduate by doing a better job and selling their worth and potential to management.

Mrs. Dennett added to Mrs. Thompson's advice and remarks by emphasizing the need for home economists to communicate effectively and realize the great ease with which people can turn the radio or T.V. knob — and thereby turn them off. A home economist should, therefore, learn to be creative and know how to keep the attention of an audience. She should also understand people of different cultures and socio-economic status, so that she can talk to them as people and be effective in overcoming misconceptions and fads. Mrs. Dennett went on to point out that home economists still have a "starchy" image in the eyes of many people and that this image is a barrier to communication. Efforts must be made to overcome the image. To conclude, Mrs. Dennett was quite optimistic about the future and said that with a little imagination it was quite possible to create one's own opportunity.

Continuing the theme of "Creating Your Own Opportunities", three recent graduates from Home Economics, Miss Kathy Dunn, Miss Ann Fraser, and Miss Kathy Brynjolfson, spoke of newly created roles of the urban home economist in community health and welfare. Kathy Dunn is presently working with R.E.A.C.H. as part of an interdisciplinary health team serving a less advantaged community. It was interesting to compare the needs expressed by the people she worked with as opposed to the needs of a section of the university community which Ann Fraser and Kathy Brynjolfson were in the process of assessing.

In the evening, following welcoming remarks by the Director of the School of Home Economics. Dr. Melvin Lee, a slide presentation of the past three International Home Economics Congresses was shown by faculty member, Assistant Professor Irene McAllister. Great enthusiasm was sparked by Mrs. McAllister and plans to become involved in the International Congress in Ottawa in 1976 were later discussed at the business meeting.

Friday morning opened with delegates briefly outlining programs and career opportunities of their respective universities. This was followed by a second symposium entitled "Jobs Within the Business Structure". Participating in this symposium were Miss Jan Peskett (Nabob Foods), Miss Jan Howarth (B.C. Packers), and Mrs. Geraldine Kuster (B.C. Hydro).

Mrs. Kuster proposed that a student

in Home Economics aspiring to go into business should be required to supplement her university education with actual, detailed training on the job, just as a dietitian has an interneship and a teacher has a year in the Education Faculty with the opportunity for practice teaching. She believes every new graduate requires a good deal of "on the job" training. Mrs. Kuster is optimistic about the future for home economists in the utility field because of the up-surge of consumerism and the world-wide interest in environmental programs.

Jan Howarth also emphasized the need for "on the job training" and suggested the value of a diversified interneship while in undergraduate study. The graduate is "green", she said, whether or not she cares to recognize it. Business, however, wants experienced people, especially if the company can afford only one home economist. It is therefore important that an aspirant for a job be well-prepared before applying. It is important because she has a two-fold responsibility: one, to the company hiring her and two, to the Home Economics profession as a whole. With regard to this last statement, Miss Howarth reminded the delegates that bad feelings about one home economist are projected against the profession as a whole and that a company having one bad experience will be deterred from trying another home economist.

The need for experience was repeated once more by Jan Peskett, who suggested that related summer work would be very helpful. She also suggested that a student should evaluate her chosen field, find out as much as she can from those who are in the field and then decide whether or not she is in the right faculty. This, she felt, was important because home economists in business need certain personal characteristics in order to meet the demands made of them. (After working many years in business, Mrs. Kuster maintains that any home economist who works alone must be a self-starter who can generate her own ideas and programs. Jan Peskett added that she must also be prepared to keep up with what is new and not fall into a rut). The symposium finished on a cheery note as Miss Peskett told the delegates that, above all, they must have confidence in themselves and their capabilities.

"Jobs Within Government Capacities" was the third symposium and it began Friday afternoon with: Miss Lois Smith (Consumer Consultant, Department of Consumer and Corporate Affairs), Miss Sandra Reid (Food Consultant, Provincial Department of Agriculture), Miss Karen Loose (Nutritionist, Medical Services, Department of Health and Welfare, Canada), and Miss Doris Noble (Regional Consultant, Educational Services, Health Protection Branch, Department of National Health and Welfare). After discussing their various backgrounds and aspects of their present occupations they all made the recommendation that Home Economics students should include some other area of specialization within their course of studies.

Lois Smith challenged us with the statement that the home economist must be prepared to both anticipate change and to adapt to change in society and, furthermore, to be among the first to set new directions for professional programs for families. The increase in consumerism has opened up new areas for home economists who

must be prepared to deal with complaints and inquiries and to teach people to look at more than one side of a question. Although Miss Smith recognized that there is no substitute for experience, she did recommend courses in consumer law, sociology, and marketing as being especially helpful in the field of consumer affairs. The delegates were told that support was needed for the national association in making it stronger and better recognized in order that the advice of home economists would be sought and respected. Miss Smith concluded by saying that the Home Economics profession can only be as strong as its members and therefore we should consider what we can do for it rather than what it can do for us.

After showing a few slides related to her work, Sandra Reid gave a very stimulating and challenging talk on the possible scope and role of Home Economics in an era of vast social change, as we are presently experiencing. She asked what role the home economist will be taking in alleviating the problems of urbanization (where the family acts as a consuming unit rather than a producing unit). What role she will play in the development of day care centres, and how strong a role will she play in the political arena and subsequently in the implementation of programs of social change. Miss Reid personally believes that home economists must stand up and be counted and fight for what they believe in. However, she added that the home economist today needs special qualifications much greater than the basic skills of her discipline. Opportunities are available for home economists trained in inter-discipinary fields, and such training is necessary if the home economist is to sit around a conference table with M.B.A.'s and still retain confidence in herself and her capabilities. Sandra Reid finished by challenging the delegates to set their sight high and fight to gain rights as other women have done before them, believing in and living up to their capabilities.

Karen Loose gave an extremely interesting and captivating slide show on her work with B.C. Indians. The health needs of the people were well illustrated against a background of varying geographic and economic conditions. The delegates were informed about the educational services presently offered to the Indians and what might be offered in the future. The delegates were most definitely inspired by the work of Mrs. Loose and were very eager to learn more about it. Mrs. Loose suggested that those interested in her type of work should get some experience in public health or work with low income people. In their school years they should accompany their degree in Home Economics with courses in public health, nutrition, education, or rehabilitation.

The final speaker of the afternoon was Miss Doris Noble, one of five Regional Consultants in Canada working for the Health and Protection Branch. Miss Noble outlined the qualifications for Regional Consultant for those considering that type of work. Graduate training in dietetics, nutrition, or teaching, plus several years experience in areas relating to consumer communications have been found to be necessary, as the Regional Consultant works with professional educators, media contacts, and consumer groups, informing them about Health Protec-

tion Branch activities and obtaining their viewpoints. To the undergraduate Miss Noble stressed the desirability of acquiring experienced in communications and journalism and the importance of continuing such activities following graduation.

The University of Alberta delegates completed Friday's events with a presentation of an Opportunities for Youth Program, an activity sponsored by their School of Household Economics last summer.

Have you ever been on a bus tour in the rain? Perhaps a unique experience to most, the bus tour of Vancouver started at 8:30 on Saturday morning taking the girls from The University of British Columbia campus to Burnaby's Little Mountain, to North Vancouver Capilano Suspension Bridge, and back to down town Vancouver via Stanley Park for lunch in China Town. Then it was back to the campus for the annual business meeting.

The chairman called the meeting to order and Mrs. McAllister made some opening remarks concerning participation in and contributions to the International Home Economics Congress. Old business, such as adoption of an official constitution and symbol of A.C.H.E.S., was finally completed after several years, then on to new business. The site for the 1973 Conference is Guelph and the 1974 Conference is in Ottawa. It was generally agreed that if the constitution and minutes were written in both French and English, those A.C.H.E.S. members speaking predominantly French would be more than willing to send delegates to the Conference. The University of Moncton and the University of Ottawa delegates volunteered to translate the minutes of the meeting and the constitution into French and send copies to the A.C.H.E.S. members. A more meaningful purpose and objective for A.C.H.E.S. as a student organization was discussed at length. Members felt that at present A.C.H.E.S. is merely an annual convention and needs to have more purpose and to do something concrete in terms of program standards, interneships, and other issues confronting all Home Economics Faculties across Canada. It was well-accepted that undergraduates at this point could contribute substantially as a student organization to the International Congress in Ottawa in 1976 and that perhaps the purpose of the '74 Conference at the University of Ottawa would be to make plans for contributing to the Congress.

The finalé to the Conference came at the delicous baked salmon banquet. Guest speaker, Miss Winifred Bracher, President of C.H.E.A., brought greetings from C.H.E.A. to the A.C.H.E.S. members and congratulated all the participants on a successful conference.

The A.C.H.E.S. Conference Commitee would like to take this opportunity to thank our sponsors who aided us financially or through donations of their products:

Canadian Home Economics Association
British Columbia Dietetic Association
Nalley's Ltd.
The University of British Columbia Alma Mater Society
School of Home Economics, The University of British Columbia
Vancouver Fancy Sausages Ltd.
Cookie Jar Ltd.
General Foods Ltd.
Nabob Foods Ltd.

McGavin Toastmaster Ltd.
British Columbia Teachers' Federation

The University of British Columbia Alumni Association Fund.

Further acknowledgements to Dr. Melvin Lee, Dr. Margaret Arcus, and Miss Winifred Bracher for their guidance and co-operation in making plans for the A.C.H.E.S. Conference 1972.

Report submitted by:
Carolyn Andruski, Chairman
Janet Buckham, Co-Chairman
Coleen Ray, Symposium Chairman

MARY E. ROBERTSON

President, International Federation for Home Economics

News of the death of Mary Robertson, President of the International Federation on November 28th has just been received.

Miss Robertson was Principal, F. L. Calder, College of Domestic Science, Liverpool, England.

She was elected at the Conference in Helsinki on July 28, 1972.

INTERNATIONAL FEDERATION OF HOME ECONOMICS

Individual Membership Application Form

NAME
NOM .....
(Please Print)

ADDRESS
ADRESSE .....

CITY, PROVINCE
VILLE, PROVINCE .....

Arrangements have been made for our National Office to accept individual memberships in the International Home Economics Association provided the application is accompanied by a cheque or money order payable to:

Canadian Home Economics Association,
409A Burnside Building,
151 Slater Street,
Ottawa, Ontario. K2P 5H3

Yearly fees are $5.25 and year is from January 1st to December 31st. Applications will not be accepted after March 15th, 1973 for the current year.

Executive Director for CHEA??

The Ad Hoc Committee to Investigate the Feasibility of Establishing the Position of Executive Director of CHEA will welcome comments and suggestions from the members. These should be directed to Dr. E. Feniak, Faculty of Home Economics, University of Manitoba, Winnipeg, as soon as possible.

Canadian Consumer

The Canadian Consumer, published by the Consumers' Association of Canada has a new book. It is now on sale at newstands for seventy-five cents. (.75¢). It does not contain advertising and is financed by subscriptions. A membership/subscription, including six issues of Canadian Consumer is $4.00 per year.

The Canadian Consumer carries test results of Canadian products.

Canadian International Development Awards for Canadians

The Canadian International Development Agency (CIDA) has announced its scholarship programme for 1973-74. Canadian citizens who have completed a provincially recognized post-secondary course and are interested in pursuing a career in development activities are encouraged to apply.

The Canadian International
Development Agency,
Scholarship Programme for
Canadians,
Training Resources Division,
Ottawa, Ontario. K1A. OG4.

Application forms, and further information can be obtained from the above. Some preference will be given to candidates who have completed a tour of duty with a development agency, public or private.

70th Birthday — University of Toronto — Faculty of Food Sciences

The Faculty of Food Sciences, formerly the Faculty of Household Science, celebrated its 70th Birthday in 1972. On Friday 10th November and Saturday 11th November, the students and staff had "Open House — 72" in the Lillian Massey Building (the L.M. to U. of T. grads). Many displays and display material augmented with slides, tapes and movies illustrated the many facets of this multi-disciplinary faculty.

On Saturday, the graduates of the faculty attended a symposium — on "Highlights in Nutrition", followed by a sherry party and luncheon at Hart House. Many graduates were present and telegrams and letters were received from some who could not be present.

The first degrees in Household Science in Canada were given at this faculty and it was the second in North America to grant these degrees.

Our best wishes to the Faculty on its 70th Birthday and to the years ahead.

CIRCLE THESE DATES

American Home Economics Association — June 25 - 29th, 1973. Atlantic City — New Jersey.

Home Economists in Business — June 22 - 24th, 1973. Atlantic City — New Jersey.

C.H.E.A. Convention, Vancouver, B.C. July 7 - 12, 1974.

C.H.E.A. Convention, Ottawa, Ont., 1976.

C.H.E.A. Convention, Banff, Alberta, 1978.

Thursday, January 18, 1973, 8:00 p.m. University of Toronto Household Science Alumnae Association "Human Values in Education", panel discussion ,moderator Dr. David Clee Blue Flame Room, Consumers' Gas Company, 19 Toronto Street.

Wednesday, February 14, 1973, 5:30 p.m. Joint meeting of Toronto Home Economics Association and University of Toronto Household Science Alumnae Association "The Truth in Advertising". Four Seasons Sheraton Hotel, Toronto.

Thursday, April 26, 1973, 8:00 p.m. University of Toronto Household Science Alumnae Association Annual Meeting. "Consumerism and the Home Economist", Mrs. W. Brechin, National President, C.A.C.

May 17 to 22, 1973
International Congress of Dietetics, Hanover, West Germany.

April 29 to May 2, 1972
Canadian Restaurant Association Show, Toronto.

Executive Committee

Professor Wanda Young, of Saskatoon, has been elected to a four-year term on the executive committee of the International Federation of Home Economics. The election took place at the Federation's 12th congress, which was held during last summer in Helsinki, Finland.

Professor Young, who is with the College of Home Economics at the University of Saskatchewan, is the only Canadian on the 19-member executive. The Federation's 13th Congress will be held in Ottawa, Canada in 1976. This will be preceded by a meeting of its international permanent council in Israel in 1974.

Professor Young is the liaison officer in the International Federation for the Canadian Home Economics Association. She has attended the past five congresses and was an official delegate to the international permanent council in 1968 and 1972.

She is a past president of the C.H.E.A.

University of Guelph

On November 9th, a special Press Day was held at the University of Guelph to outline the programmes of the College of Family and Consumer Studies and to illustrate their relevance to modern society needs.

The College of Family and Consumer Studies now includes two departments — Family Studies and Consumer Studies, and a School of Hotel and Food Administration.

The emphasis in the College of Family and Consumer Studies relates to the effect of urbanization and industraliza-

tion and enables the student to appreciate the changes in living patterns, family structure and consumer problems from rural to urban areas. The first graduates received a Bachelor of Applied Science (Family and Consumer Studies') in May 1972.

Students in Hotel and Administration are in a programme relating to the hospitality industry. The first groups of students in this programme will graduate in May 1973 with Bachelor of Commerce (Hotel and Food Administration).

Conference of Food Service Industry

A conference of the food service industry with municipal, provincial and federal health agencies was held in Ottawa on 20th September through 22nd. The objective of this conference was to finalize a sanitation code for Canada's food service industry. The conference was sponsored by the Canadian Restaurant Association and the Department of National Health and Welfare.

Second National Bake-off

Pillsbury Canada Ltd. is conducting its Second National Bake Off this winter.

By November 10th the original recipes using Pillsbury refrigerated products were submitted. Professional home economists will select 25 adult and 25 student finalists during the baking competition which will be held in Toronto. Later grand prize winners will be selected and the winners will be announced at a banquet for adult finalists and guests on February 3.

New Home Economics Research Journal

The American Home Economics Association has a new publication, the "Home Economics Research Journal". It will be published in September, December, March and June beginning with September 1972.

The Research Journal will contain research papers on all phases of Home Economics, reviews of scholarly books, information on fellowships and scholarships, reports on symposiums, etc. It will be an important addition to the literature for the professional home economist.

The subscription rates are —

One year AHEA—member	—$ 7.00
One year nonmember	—$10.00
Two years nonmember	—$18.00

Confectionery Association of Canada

The Confectionary Association of Canada is conducting a campaign to bring to the notice of members of parliament and others, the effect of the federal sales tax of 12% on this industry. This tax does not apply to ice cream, cakes, cookies and potato chips. The associations states that "the tax on a box of 24 chocolate bars imported into Canada is approximately 4 cents less than the tax on a box of identical bars made in Canada".

Welcome New Members

New Members — September 1972

British Columbia

Miss Elizabeth Ruth Drummond, 907 — 1949 Comox St., Vancouver 5, B.C. — Teacher, Food & Textiles.

Miss Joan A. Thomas, Box 665, Invermere — Teacher, Textiles (1972 Graduate).

Alberta

Miss Elizabeth Louise Leinweber, 1516 10th Ave., S.E., Calgary T2G 0X3 (1972 Graduate).

Manitoba

Miss Eileen E. Dale, 513 Helmsdale Ave., Winnipeg R2K 0W7 (1972 Graduate).

Miss Marlene E. Schroeder, Box 91, Rosenfeld — Extension Home Economist.

Miss Connie E. Volk, 408 De La Morenie St., Winnipeg R2H 2E1 (1972 Graduate).

Ontario

Miss June E. Evans, Apt. 1, 143 Spadina Ave., Ottawa K1Y 2C2 — Textile Curator (1972 Graduate).

Mrs. Lynn L. McCay, 131 Cooper St., Apt. 204, Ottawa K2P 0E7 (1972 Graduate).

New Brunswick

Sister Georgette Durand, Congregation de Notre-Dame, Notre Dame Kent, (1972 Graduate).

Nova Scotia

Miss Sharon G. Maccabe, R.R. 1, Meagher's Grant, Halifax County — Teacher.

New Members — October 1972

Alberta

Miss Frances A. Cullen, Second Floor, Agriculture Building, 9718 — 107 St., Edmonton T5K 2C8 — Director, Consumer Market Section, Marketing Division, Dept. Agriculture.

Saskatchewan

Miss Roberta A. Cox, General Delivery, Wilkie — Teacher — 1972 Graduate.

Manitoba

Mrs. Dallas B. Goodchild, Manitoba Dept. Agriculture, 715 Norquay Building, Winnipeg — Extension, Clothing Specialist (Reactivated).

Miss Marilyn J. Nosko, 117 Atlantic Ave., Winnipeg R2W 0P7 — 1972 Graduate.

Ontario

Mrs. Kaye Nath, 1505 — 155 Balliol St., Toronto 295, Teacher (Reactivated).

Miss Katharine M. O'Brien, Apt. 109, 2770 Yonge St., Toronto 12 — Lab Technician, Textiles.

Miss Margaret A. Schnurr, 61 Howitt St., Guelph, N1E 3C8 — Sales Clerk, 1972 Graduate.

Miss Anne M. Urquhart, 5th Floor, 1200 Bay St., Toronto 182 — Foods and Nutrition Specialist. 1972 Graduate.

New Members — August 1972

British Columbia

Mrs. Marilyn L. Clayton, #210, 6015 Tisdall St., Vancouver 13 — Textile Consultant & Stylist.

Ms. A. Jan Howarth, B.C. Packers Ltd., P.O. Box 5000, Vancouver 3 — Home Economist (Associate Member).

Alberta

Miss Elizabeth C. Hudec, Apt. 1311, Garneau Towers, 8510 — 111 St., Edmonton — Dietetic Intern. 1972 Graduate.

Manitoba

Miss Catherine E. Edge, 166 Lockwood St., Winnipeg R3N 1R8 — 1972 Graduate.

Miss Barbara Mrak, 23 Mansard Close, Winnipeg R2P 0C4 — Dietetic Intern — 1972 Graduate.

Mrs. Barabara L. Nelson, 51 Laval Drive, Winnipeg R3T 2X8 — Assistant Supervisor, Dept. Education.

Ontario

Mrs. Irma L. Bigras, 390 Miller Ave., Apt. 4, Vanier — Graduate 1972.

Miss Edith M. Phillips, 44 Letchworth Cres., Downsview, Toronto 464 — Graduate 1972 (Associate Member).

Miss Dianne J. Robertson, Box 1, R.R. 3, Brechin — Instructor, Ontario Hospital School — Graduate 1972.

Quebec

Miss Louise Dufresne, 3460 Place Decelles, Apt. 38, Montreal 251 — Home Ecoonmist, Robin Hood Multifoods Liimted.

Nova Scotia

Mrs. Marilyn K. Large, Box 580, Liverpool — Homemaker.

Nova Scotia

Mrs. Kathleen McIntosh, Department of Education, Box 578, Halifax — Consultant.

Miss Karla L. Sullivan, 12 Lawnwood Ave., Armdale, Halifax — 1972 Graduate.

Newfoundland

Mrs. Margaret Ghory, 511 Elizabeth Towers, Elizabeth Ave., St. John's — Consultant, Department Education.

RUTH BINNIE

The death occurred in Halifax of Miss Ruth Binnie on October 23rd. Miss Binnie was born in England and was educated in England and Germany. She came to Canada in 1931, and in 1940 became Inspector of Home Economics for Nova Scotia until her retirement in 1956.

She was a life member of the C.H.E.A. and at the C.H.E.A. Conference in June 1972 at Halifax she was presented with the Canadian Home Economics Honour Award.

(In October 1972)
(C.H.E.A. Journal)

Books (reviewed)

Comprehensive Diabetic Cookbook

Dorothy Kaplan
Frederick Fell, Inc.,
386 Park Avenue South,
New York, N.Y. 10016,
U.S.A.

This Cookbook for Diabetics is indeed comprehensive with a good format. Mrs. Kaplan the mother of a diabetic child, has collected and set up a wide selection of recipes which should encompass most any taste.

I think, though, for a person using Canadian Exchange Lists, a word of caution is in order in so far as the milk and vegetable exchange lists are concerned. The exchange values of yoghurt and ice cream do not follow the Canadian standards.

The recipes are extended to include the carbohydrate, protein and fat content of the ingredients. This is excellent, but I question some of the recipes. i.e. *Escalloped Tomatoes.*

> This recipe includes two 16 ounce tins canned tomatoes for which there is no calculation, nor is there any calculation for the three tablespoons of chopped onion in the same recipe.

A number of other recipes which call for the Canadian Diabetic Association B vegetables (American A vegetables) are set up in the same way. Could this be interpreted by the lay diabetic and weight watcher that these foods have no caloric value and can be eaten in quantity as desired?

The exchange values per serving of a number of recipes do not seem too practical—i.e. recipes with a tomato base are given as fruit exchanges, many of the recipes contain a substantial amount of fat and the exchange value will be as high as three fat exchanges per serving. To-day the diabetic diet is lower in fat with the exception of adolescents and adults requiring diets of a high caloric level — there would not be too many diabetics whose meal plans would allow an exchange of this amount of fat.

The book is addressed to Weight Watchers as well as diabetics. Maybe this is why calories are included. There are some errors which are probably typographical.

I feel that the Comprehensive Cookbook for Diabetics contains much valuable information as well interesting and varied recipes, though in some instances I question its accuracy and whether it lends itself to the average diabetic diet.

Reviewed by:
(Miss) Isabel Lockerbie,
National Diet Counsellor,
The Canadian Diabetic Association.

Low-Calorie Desserts

Editors of Better Homes & Gardens Books,
$1.95.

This cookbook is a must for dessert loving people watching their weight. Desserts of every description appear in each of the 4 calorie ranges under 60, 100, 125, 150 calories.

The role of dessert for the dieter is

discussed briefly in the introduction and at some length towards the end of the book. Sample menus and suggested desserts, one from each food group, are discussed in terms of their value towards a balanced meal.

The format of the book is simple and very informative. Desserts are categorized in every possible way for the reader — alphabetically (in the back), according to calorie value and in terms of appropriateness for the occasion. In addition, a general calorie chart is included. Cooking tips are sprinkled throughout the book.

Separate sections are devoted to special situations. Five pages of diabetic recipes are included with food exchanges indicated in each case. This section has recipes for ices, fluffs, icecream, fruit desserts, puddings, souffles and pies. A section is devoted to recipes for 1 or 2 people.

Food photography is excellent.

Reviewed by:

Shari L. Wong,
Ontario Milk Marketing Board,
Toronto.

Booklets and Pamphlets (described, not reviewed)

Your Wonderful World of Tuna

Features 32 new recipes including appetizers, chowders, dips and main courses. Available free of charge from:

Ocean Maid Foods Company,
P.O. Box 2800,
Montreal 379, Quebec.

Films and Filmstrips (described, not reviewed)

British Columbia Famous Canned Salmon — How It's Caught and How It's Enjoyed

The kit "package" consists of 60 35mm colour slides accompanied by a script. The information provided by the script and slides touches on the life cycle of the Pacific salmon, describes the different species, relates how salmon is caught, canned, inspected, prepared and enjoyed. Tables are included which give average cost per serving compared with other protein foods, as well as tables giving nutritional values compared with other food products.

If you would like to obtain a copy for teaching — for women's groups, etc. — please write to:

The Canned Salmon Association
of B.C.,
P.O. Box 33798
Postal Station "D"
Vancouver 9, B.C.
Attention: Miss I. Higgins

Date Marking in Sight

Canadian grocers and manufacturers have been alerted that compulsory, open date marking of perishable foods on their shelves is on the way.

Specific proposals to industry and consumer groups are in the Consumer and Corporate Affairs Department hopper, a grocers' convention was told recently in Winnipeg.

No date for introduction has been set for what the federal government believes is a really worthwhile advance in food labelling. It may pose some problems for the food industry, but date marking hews to a stated purpose of the Department — to provide consumers with the information necessary to make an intelligent, reasoned choice, so that they can make the best use of their food dollars.

Consumer Contact

by MARJORIE ELWOOD

Pocket Paging System

With the Fanon "beeper" (a receiver), selected personnel in hotels, restaurants, large stores and offices, may be easily contacted without disturbing others. The Fanon system includes a multi-station selector console for sending signals on separate communicating channels to anyone carrying the "beeper". There is also a power transmitter, coder and antenna. Packages from 20 to 110 station selector consoles are available.

The beeper itself is smaller than a package of cigarettes, clips easily to pocket or belt and is very light in weight. It will receive a signal up to half a mile from transmitter which can be controlled by a switchboard operator or receptionist.

For further infromation, contact a Fanon dealer in your area or write to Fanon Electronics, 25 Bathurst Street, Toronto 135, Ontario.

Blatantly Antinutrition

Joan Gussow, doctoral candidate described to the Senate Commerce Committee recently, the diets offered on T.V. in general are so impoverished that it makes it impossible for a child to eat right. Soda, candy bars, colored sugared breakfast cereals, and sugar syrups are featured and eggs, fruit and vegetables never mentioned. She claimed that T.V. ad pressure for synthetic drinks is so great that some children don't know what real juice is. "If we are going to raise a generation of children who don't know what fruit juice is, shouldn't we make that decision ourselves and not leave it to advertisers to make it for us".

Athletes Have Special Nutrient Needs

Robert J. Reber, assistant professor of nutrition, at the University of Illinois declares that "miracle foods" for athletes do not exist. He insists that athletes do have some special nutrient needs. They do require more calories, water and salt than non-athletes but they do not need more protein. Using protein for energy is an expensive way of getting sufficient calories.

Extra vitamin C and thiamin may help athletes but Reber warns against vitamin A and D as supplements over a long period because they may be harmful. For further information write for the folder "Don't let your diet let you down" by Robert J. Reber to Co-operative Extension Service, University of Illinois, Urbana, Ill., U.S.A.

A new peek at Peek Freans

Peek Frean's have produced two more delightful additions to their sweet biscuit line — Butter Rings and Fruit Shortcake.

Both are scrumptious with morning coffee, afternoon tea or ice cream. It's

a long time since I tasted a biscuit that had such tender crispness and real buttery flavor as the Butter Rings have.

Scottish biscuit fanciers will love the new Fruit Shortcake too. It's flecked with currants, is tender, crisp and not too sweet — a dainty addition to any afternoon tea tray.

For Waist Line Watchers

Kraft Foods Limited has introduced a cheese that is low in fat, yet flavorful and nutritious. Called Kraft Skim Milk Process Cheese, it contains an average of 7% fat, 13% carbohydrate, and 19% protein. It makes a delicious in-between-meal snack served as is, with crackers, with fruits or in celery sticks. Wake up to an extra nourishing breakfast by adding Kraft Skim Milk Process Cheese to plain or melba toast. Also try making a cheese sauce with this skim milk cheese and skim milk. It's a great way to add flavor to vegetables and main dishes without adding too many calories. The product is now available in food stores across Canada, in one and two pound packages.

Meat Analogs

Soy protein is the primary basis of imitation meat-type products — meat analogs. Some consumers are eyeing these with great interest because they are concerned about the ever increasing price of red meats and their nutritional value pre ounce. Some authorities regard meat analogs as a new food product rather than an "imitation". Their chief advantages are that they cost less, are more nutritious, have less cholesterol, shrink less and can be thawed and refrozen. These are the kinds of plus one cannot ignore.

For the Home Gourmet

Salton, Inc. have introduced two exciting new products to their electrical appliance line — the Salton Yogurt Maker and the Salton Hot Pizza Keeper. The Yogurt Maker with its thermostatic control makes it so easy to have creamy light yogurt. You simply add milk and the Salton Yogurt Maker does the rest. When the yogurt is ready you can add your favorite fruit such as strawberries or spice flavoring such as cinnamon along with honey. Since the yogurt is made in individual glass serving cups, as many as five different flavours of refreshing yogurt can be created at the same time. This devices saves you about 70% of the cost of commercial yogurt. The retail price is $17.95 in Canada.

The Salton Hot Pizza Keeper is something else. It not only keeps pizza hot but is also great for hot hors d'oeuvres and luscious fruit pie can be kept warm indefinitely. This specially crafted, thermostatically controlled Pizza Keeper is the perfect party appliance. It keeps the pizza crust crisp, and the cheese drippy. There is a choice of colorful covers in Aztec, Sunswirl and Red Polka Dot designs. Retail price is $17.95.

Another Hamburger Helper

From the Betty Crocker Kitchens of Canada, come two new delicious "Hamburger Helpers". One is a Cheeseburger Macaroni Dinner tasting like a

burger with lots of melted Cheddar — this has real family appeal. The second is a Tomato Roma Dinner which has a subtle blend of spices in tomato sauce along with fusilli marcaroni. It is exclusively Canadian. Be one of the first to try these nutritious, hearty dinners. Each retails nationally for about 59 cents.

Run Onion Rings

Run onion rings around steaks, around egg and meat salads, around roast chicken, around most any dish and it becomes really appetizing. McCain Foods are now offering their frozen ready-to-cook Breaded Onion Rings to the food service market. They are dipped in batter then breaded and frozen. The end-user has to only single-fry them which means they have more onion flavour, are less greasy and are crisper than onion rings that have been twice cooked — once by the processor and once by the end-user. Each box of golden onion rings weighs 2 lbs. and they are packed 6 to a case.

Quality Cakes

McCain Foods of Florenceville, New Brunswick, recently introduced their delicious frozen ready-to-serve cakes. These moist, delicately textured cakes are available to the food service market across Canada in five flavours — chocolate, orange, golden, banana, and lemon. Each is topped with a creamy-smooth frosting the same flavour as the cake with the exception of the golden cake which has a chocolate frosting. These cakes which are the frozen-ready-to-thaw-and-serve type, need no heating or baking. They cut into four to six servings and any unused portion may be covered and kept in the refrigerator. Each quality cake weighs 14 oz. and they are packed 12 to the case.

New Concept in Canned Peas

Libby McNeill & Libby of Canada Limited have an interesting Pois de Jardin a la Provencale on the market. It is tender garden peas in a tangy, seasoned tomato sauce so it can be used many ways — as a taste treat with meat and poultry, as a casserole ingredient or as a spaghetti sauce.

Pois de Jardin a la Provencale, an interesting concept in canned vegetables was researched in both French and English markets and has received unanimous acceptance by consumer test panels. These peas are available across Canada at an approximate price of 39¢.

Two New Prem Flavours

From Swift Canadian have come two new Prem Flavours — Bacon Flavour and Barbecue Flavour. Packed in the economical 12 oz. can, both of these luncheon meats contain the same succulent pork and tender beef as does regular Prem. Actually, the Bacon Flavour prem contains real chopped bacon so it has a delicious smoked bacon flavour that makes it appetizing whether served hot or cold. It's versatile too for it can be used from morning to night — fried for breakfast, grilled with cheese for sandwiches at noon, drizzled with a honey glaze and baked for dinner or served as a savory appetizer or evening snack. Spices and

herbs lend an appealing outdoor flavour to the Barbecue Flavour Prem so it seems a natural for oven or barbecue broiling, for kebobs, for baked beans, or brown sugar glazed and baked. It has man appeal. Available in the canned meat section of any food store it retails for about 63¢.

Hot Chocolate

In October Carnation introduced their Hot Chocolate nationally. I've tried it so I know it is as claimed — rich and delicious tasting. Though all you add is hot water, and the calorie count is only 110, it has a very full flavour. Also it has the natural B vitamins, protein and minerals of whole milk. It is packed in compact cartons of 12 one-ounce single serving envelopes and retails for about 79¢ per carton.

Single Dish Frozen Entrées

Robin Hood Multifoods recently introduced into the Ontario market twenty of Stouffer's frozen prepared foods. These are being produced under a licensing agreement between Robin Hood Multifoods Ltd. of Montreal and Stouffer Foods Inc. of Solon, Ohio. The line consists of 20 different single-serving dishes for the consumer market — fancy entrées such as Shrimp Newburg and Baked Breasts of Chicken; Meat Pies — turkey, chicken and beef; side dishes including Spinach Soufflé and Broccoli au Gratin; and the more familiar Main Course dishes such as Macaroni and Cheese, Beef Stew and Creamed Chicken. Prices vary from 65¢ for the meat pies to $2.39 for the Breasts of Chicken.

This summer Robin Hood completed their new million dollar frozen food plant in Trenton, Ontario. Along with members of the press and other home economists, I visited this plant and was very impressed with its immaculate interior, its efficiency of operation and its many processing facilities including a bacteriological laboratory, spice room, blast freezer, analytical laboratory and a small kitchen where finished products are reconstituted for taste-testing.

From a modest beginning in 1909 when the company bought a small flour mill in Moose Jaw, Sask., Robin Hood Multifoods (the name was changed in 1970) has built a large, diversified food business which covers besides its basic flours, cake and bakery mixes, rolled oats, pickles (Bicks), eggs, feeds, poultry meat (Sherwood Farms), and now frozen prepared foods. Many of you know Robin Hood's knowledgeable home economist Vivian Merrill. Write to her at P.O. Box 8505, Montreal 101, P.Q. for further information about her company's products.

New Plant for Laura Secord Puddings

In the July issue of the Journal we mentioned that Catelli Limited had introduced a single serving can of Laura Secord puddings in four flavours. At that time, the puddings were processed across the border by an aseptic-pack process. Recently the company announced plans for a 2.5 million dollars plans in metro Toronto which will be the first major aseptic canning facility in the Canadian food industry. This type of processing results in a milk based product, such as these

ready-to-eat puddings, being improved in both texture and flavour. "It is a new capability for theCanadian food processing industry" commented John F. Ronald, Catelli President.

A Master Sausage Maker

Michael Kramer, a "master sausage maker" came to Canada Packers from Germany. He is very knowledgeable concerning sausages in general and the European Cuisine line of Maple Leaf Products in particular. Previously, these European type sausage were available only in bulk at delicatessan counters. However, Canadians with their increasing ability to accept new foods, readily accepted such specialty sausage. So Canada Packers now have on the market a line of 18 top quality vacuum packed "European Cuisine" labelled specialty sausage — 13 sliced and 5 in link form such as knackwurst, bratwurst, smoked pork sausage, pepperoni and European style frankfurters. "The Master Sausage Maker" knows that once Canadians taste them, they'll be a regular item on their shopping list.

News at the Notions Counter

Lightning Fastener has introduced a new sewing aid — Talon thread. This line will include Polyplus, a versatile "sew anything" 100% polyester spun thread available in 160 fashion conscious colours. Select polyplus for both hand and machine sewing of knits, stretch fabrics, lingerie fabrics and permanent press. Mercerized cotton and a heavy-duty polyester core cotton overwrap will also be distributed at Lightning displays. Talon thread is being sold through fine sewing store counters all over Canada. For additional information contact Mr. Gord Nixon, Director of Marketing, Lightning Fastener, 50 Niagara Street, St. Catharines, Ontario.

The Diet Kit Way

American Hospital Supply now has for hospital use an attractive colour coded diet kit program. The 600 kit dispenser (1½ feet square) holds 14 different combinations of condiments in packets, i.e.: "regular" coded in green contains salt, pepper and sugar; "bland" coded in brown contains sugar substitute and salt; "bland low sodium" coded in purple contains salt substitute and sugar. The Deluxe Diet Kit also has the added feature of including a napkin and straw. This colour coded diet kit program ensures efficiency, safety for the patient, economy and versatility for dealing with "special" cases. For further information and price list, contact Peter McIlroy, Toronto Region Manager, American Hospital Supply Corp. (Canada) Ltd., 1076 Lakeshore Rd. East, Mississauga, Ontario.

Perfection

This is the name of Cow & Gate's new canned evaporated skimmed milk, with less than ½ of 1% butterfat. It is made from pure fresh milk from which almost all of the butterfat has been removed, yet all of the protein and minerals remain. "Perfection" also has added vitamins and provides 166 I.U. of Vitamin A; 4 mg. of

Vitamin C, and 27 I.U. of Vitamin D per fluid ounce. It can be used for all the ways that evaporated whole milk is used including whipping, yet has only 23 calories per fluid ounce compared with 40 calories found in evaporated whole milk. Further information and an attractive recipe folder for recipe use of this product may be obtained by writing to Mr. L. V. Gates, Director of Marketing, Cow & Gate (Canada) Limited, 198 Pearl St. East, Brockville, Ontario.

For Extra Flavour

Whether its a special chicken, ham, sole, veal, cheese or beef dish, Lawry's now offer you wine sauce mixes to add to them that will really enhance their flavour. These sauce mixes are packaged in 1oz. laminated foil envelopes which are completely moisture and vapor proof. This means when you open a package of sherry wine sauce mix to make 8 ozs. of sauce, that sauce has a real sherry flavour. The same is true of the other two mixes — White Wine Sauce Mix and Burgundy Wine Sauce Mix. They retail for about 33 cents per package. For a brochure of delightful recipes and further information regarding the wine sauce mixes write to: Mrs. Margaret Howard, Home Economics Director, Lawry's Foods of Canada Ltd., 95 Advance Road, Toronto 570, Ontario.

C.H.E.A. COOK BOOK

How many Canadians consider "Laura" a cookbook that the Laura Secord Company sells in their shops? Do they know it is a truly Canadian book produced by the Association as their Centennial Project?

Perhaps the sales would increase if more people were aware of the story of the development of this first all-Canadian cookbook, and that part of the proceeds from the sale of the books goes to our Scholarship Fund.

When Upper Canada Village was approached, they produced a sign telling the "Laura" story and posted it near the cookbooks sold in their craft shop. The Ontario Department of Tourism's craft shop supervisor was contacted and was pleased to learn of the "truly Canadian" origin of the book, and is now attempting to make it better known to Ontario craft shop owners.

Why not do your part and contact book shops, Canadiana or craft shops in your area and make sure they are aware, and let their customers know what a truly Canadian gift "Laura" is.

CANADIAN HOME ECONOMICS ASSOCIATION

Occupations C.H.E.A. Members by Province — October 31, 1972

Code:
- B Business
- C Communications
- D Dietitian
- E Extension
- G Government
- H Homemaker
- N Nutritionist
- O Other
- S Supervisor (Teachers)
- SW Social Worker
- T Teacher
- U University
- X Retired
- * 1972 Graduates (Positions Unknown)
- ** Graduate Students
- *** Occupations Unknown

Province	B	C	D	E	G	H	N	S	SW	T	U	X	O	*	**	***	Total
British Columbia	16	1	1	1	7	13	1	4		48	7	15	2	3	2	1	122
Alberta	14		3	15	1	10	1	4		31	11	6	3	5		5	109
Saskatchewan	6		6	4	2	6	2		1	21	6	1	5	2			62
Manitoba	8		3	12	5	2		4		16	20	9	7	12	2		100
Ontario	79	4	22	24	36	43	4	10	3	189	44	63	18	20	1	33	593
Quebec	15	1	2		5	5	1	4	1	21	15	5	1				76
New Brunswick	4		2	4	1	2		2		19	5	5	3	3		3	53
Nova Scotia	5		3	1	4	6	2	2		29	10	10	3	6		8	89
Prince Edward Island				3	1	2				6	5	2		5	1	1	26
Newfoundland					3	1	1	1		4						2	12
North West Territories						1				1							2
Outside Canada	10	2		1	1	8				6	13	5	3	1	4		54
Totals	157	8	42	65	66	99	12	31	5	391	136	121	45	57	10	53	1,298

C.H.E.A. National Office, November, 1972

RYERSON
POLYTECHNICAL INSTITUTE

requires a

CHAIRMAN

HOME ECONOMICS DEPARTMENT

To administer and coordinate the following programs:

Early Childhood Education
Education for Schools and Community
Fashion
Foods and Human Nutrition

There are approximately 40 faculty members and staff and 660 students.

Qualifications

The successful applicant will have a minimum of a Master's degree and experience in teaching and/or administration at the post-secondary level.

Responsibilities

The chairman will be responsible for the academic thrust of the programs; will supervise faculty and staff; will be concerned with students' progress and well-being; will be responsible for the budgets of the various programs; and will represent the department to Ryerson and to the community at large.

Salary

Salary is negotiable and will be commensurate with educational qualifications and experience. Fringe benefits are attractive.

Applications

Please submit applications as soon as possible, and include details of education and personal and business background to Mr. E. W. Harrison, Acting Dean of Applied Arts, Ryerson Polytechnical Institute, 50 Gould Street, Toronto, Ontario, M5B 1E8.